



Public Health
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Frederick County Health Department

News Release

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FOR IMMEDIATE RELEASE:

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DIABETES PREVENTION PROGRAM, *POWER TO PREVENT*, RECEIVES AWARD

FREDERICK, MD -- The Frederick County Health Department's diabetes prevention program, *Power to Prevent*, was recently selected for a *Model Practice Award* from the National Association of County and City Health Officials (NACCHO). NACCHO's Model Practice Program recognizes initiatives where local health departments and their community partners effectively collaborate to address local public health concerns. Initiatives which receive an award are added to NACCHO's Model Practice Database, a searchable collection of best practices for public health practitioners seeking new ideas and effective strategies.

Dr. Barbara Brookmyer, County Health Officer, states, "We are very pleased to receive this award from NACCHO and to be a contributor to the growing body of evidenced-based approaches. The *Power to Prevent* program derives its name from the curriculum used *Power to Prevent: A Family Lifestyle Approach to Diabetes Prevention*, which was developed by the National Diabetes Education Program. This curriculum was selected because it is based on the landmark Diabetes Prevention Program study, which showed that participants at high risk for diabetes who lost 5-7% of their body weight, through healthy eating and exercise, reduced their risk of developing diabetes by 58 percent."

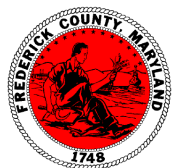
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Applicants to the Model Practice Program complete an extensive application covering the following areas: practice's responsiveness to the targeted public health issue, innovation, community collaboration, evaluation, and lessons learned. Applications are scored against set criteria and, if met, are designated as either a *Promising Practice* or a *Model Practice*. This year NACCHO received 125 submissions.

Power to Prevent is a 12-week lifestyle program that helps adults who have and are at risk for type 2 diabetes to become more physically active and to eat healthier more often. The overall goal is to reduce the burden of chronic disease by preventing or delaying type 2 diabetes onset and preventing or delaying health complications associated with type 2 diabetes.

Power to Prevent is implemented by the Frederick County Health Department with oversight and contributions from the Frederick County Diabetes Coalition and other community agencies. Funding for this program is made possible by a grant received from the Maryland Department of Health and Mental Hygiene.

For more information about *Power to Prevent* visit www.FrederickCountyMD.gov/powertoprevent or contact Angela Blair, Health Educator, at 301-600-1861 or ablair@FrederickCountyMD.gov.

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References:

Diabetes Prevention Program: <http://diabetes.niddk.nih.gov/dm/pubs/preventionprogram/>